

RURAL DISTRICT OF WIDEPRIDGE AND PADSTON

A N N U A L R E P O R T

of the

MEDICAL OFFICER OF HEALTH

for the

Year ending 31st December, 1968.

PUBLIC HEALTH STAFF

Medical Officer of Health:

J. Reed, M.B., Ch.B., B.Sc., D.P.H.

Chief Public Health Inspector:

S.D. Crowle, M.A.P.H.I.

Additional Public Health Inspector:

D.J. Trebilcock, M.A.P.H.I.

Mr. Chairman, Ladies and Gentlemen,

I have the honour to present the report of the Medical Officer of Health for 1968.

I GENERAL STATISTICS

Registrar General's Estimate of Mid Year Population	17,600
Area in Acres	91,804
Number of Inhabited Houses	7,298
Rateable Value	£513,410
Product of Penny Rate	2,115
Comparability factors	Births 1.11
	Deaths 0.85

II VITAL STATISTICS

Births

	<u>Number of Live Births, 1968</u>		
	<u>Male</u>	<u>Female</u>	<u>Total</u>
Legitimate	143	104	247
Illegitimate	3	6	9
Total	146	110	256

Live Birth rate per 1,000 population	14.5
Comparable Birth Rate	16.0
Birth Rate England and Wales	16.9

Stillbirths

Two legitimate still-births were registered during the year, one of either sex, giving a rate of 8 per 1,000 total births.

Deaths

	<u>Number of Registered Deaths, 1968</u>		
	<u>Male</u>	<u>Female</u>	<u>Total</u>
	129	123	252

Crude Death rate per 1,000 population	14.3
Death rate England and Wales	11.9
Comparable death rate	12.15

Infant Deaths

Six deaths were registered during the year at under one year of age. All occurred within the first week of life. Four were male, two were female and all were legitimate births.

Distribution of Deaths by Cause, Age and Sex, 1968

Cause of Death	Sex	Age in Years									Total
		0-	1-	15-	25-	35-	45-	55-	65-	75+	
Heart Disease	Male	-	-	-	-	1	-	7	17	26	51
	Female	-	-	-	-	-	-	6	13	23	42
Cerebro Vascular Disease	Male	-	-	-	-	-	-	2	7	6	15
	Female	-	-	-	-	-	-	1	4	17	22
Cancer	Male	-	2	-	-	-	-	3	12	7	24
	Female	-	1	-	-	1	3	4	7	7	23
Respiratory Disease	Male	1	-	-	-	-	1	1	6	6	15
	Female	-	1	-	-	-	1	-	2	6	10
Accident	Male	-	1	3	2	-	-	-	-	1	7
	Female	-	-	-	-	-	-	-	1	4	5
All other causes	Male	3	-	-	-	-	1	2	5	6	17
	Female	2	-	1	-	1	-	1	1	15	21
TOTAL	Male	4	3	3	2	1	2	15	47	52	129
	Female	2	2	1	-	2	4	12	28	72	123

Of all deaths 51.2% occurred over the age of 75 years. Approximately 40% of males and 60% of females reached the age of 75 years or over. The greatest single cause of death was classified as heart disease, followed by cancer.

III GENERAL PROVISION OF HEALTH SERVICES

HOSPITAL SERVICES The only change in hospital provision has been the opening of the maternity unit at Trelliske, Truro, providing a nearer service than the hospital in Redruth. Outpatient services are still held in the East Cornwall Hospital in Bodmin, under very difficult conditions. A very welcome attempt is being made by voluntary agencies to raise money to provide more adequate facilities. St. Lawrence's Hospital, Bodmin, provides admission and out-patient facilities for the mentally ill and an O.P. clinic has now been established in Wadebridge.

The Public Health Laboratory under Dr. Barrow in Truro has continued to serve the district. His services are very much appreciated.

Local Health Authority Services

There were no changes in County Council Services, other than an extension of the domiciliary chiropody service for the elderly and handicapped. The Wadebridge Old Peoples Welfare Committee considered their assisted chiropody service to be no longer required. The provision of ambulances, district nurses, midwives and health visitors was adequate. The Infant Welfare Clinic in Wadebridge continued to be well supported. The demand for domestic help by the elderly and infirm continues to increase.

A full range of protective inoculations (Diphtheria, Whooping Cough, Tetanus, Poliomyelitis and Measles) is available through the family doctors, Infant Welfare Centre or School Health Service. Protection against tuberculosis for contacts and entrants to Secondary schools is well accepted.

A cervical cytology clinic for the early detection of cervical cancer is held each month in Wadebridge, where other routine examinations are made for a number of other diseases.

Voluntary agencies provide a Pre School Play group, Mothers' Club and Family Planning Clinic.

School Health Services. Routine examinations of all pupils entering primary and secondary schools and those leaving schools were completed. Weekly visits continued to be paid to the County Secondary Schools. Routine immunisation of the appropriate age groups for diphtheria and tetanus and vaccination against tuberculosis of Secondary School entrants was carried out. The introduction of Measles vaccination during the year involved the immunisation of a large number of susceptible children between the ages of 2 - 11 years.

The general physical state of school children was found to be good and their health satisfactory. There were no major outbreaks of infectious disease reported.

The most urgent problems relate to school premises, where overcrowding in the town schools is common. The standard of accommodation leaves much to be desired.

School meals and milk were adequately supplied, though the need for the latter in this district appears no longer to exist.

IV SANITARY CIRCUMSTANCES

Water Supplies. All parishes in the Rural District, with the exception of Lanhydrock, are supplied with mains water by the North and Mid Cornwall Water Board. During normal times the supply is taken from the Board's major source - the De Lank River. The summer demand frequently increases to the point where supplementary supplies from the local sources in Wadebridge and Padstow are used.

Sampling. Bacteriological samples at various points on the distribution mains were taken on 165 occasions. Evidence of minor pollution was obtained in only three routine samples. Samples submitted at Bears Down reservoir suggested that inadequate circulation of water within the reservoir was not taking place. Modifications to inlet and outlet pipes have secured improvement. One sample of raw water was submitted early in the year, indicating considerable bacterial contamination. The results of chemical samples are contained in the appendix.

Improved supplies were obtained at Polzeath on the completion of the 6" leading main. The renewal of old and inadequate mains in Trebotherick have improved pressures in that area. Some properties in New Polzeath were transferred from the unsatisfactory spring supplies at Pentire Glaze, which has been abandoned. In addition to the work of extending mains for new housing estates, a considerable length of main was renewed in order to improve pressures and eliminate complaints of dirty water in the following localities: Trevone, Wadebridge (Queen's Park), Trewetha, Padstow and Trelights. The use of spring supplies at Wadebridge and Padstow during the summer season is an unfortunate necessity, but the Board will soon begin construction of the reservoir at Crowdy which will increase the yield available from the Lowermoor source and allow De Lank water to be diverted to the Wadebridge and Padstow area. Completion of this work is anticipated in 1972. The Board also intends to construct a booster station near Wadebridge which will enable the full output of the De Lank works to be used.

Distribution of Piped Water Supplies by Parishes

Sewerage and Sewage Disposal. Some further progress was made during the year in providing the district with adequate sewerage systems. Parishes already supplied are Blisland, Lanivet, St. Issey and Little Petherick and part of St. Merryn. The scheme for St. Minver Lowlands will commence construction early in 1969. Preparatory work continues on schemes for Port Isaac, St. Minver High lands and Wadebridge. There is at present some conflict of opinion with the Cornwall River Authority regarding the order of priority already determined by the Council. The River Authority quite naturally are anxious to reduce the pollution of the River Camel taking place in Wadebridge, by the discharge of crude sewage at various points along its course through the town. The Council, having urgent sewerage problems in other areas of their district, feel confident that their order of priorities is justifiable. Since both Authorities have the same objective, it is hoped that a compromise may be reached whereby gradual improvement of the more urgent sewerage problems may proceed concurrently.

Sewerage systems not yet in the course of preparation are required in the parishes of St. Mabyn, St. Tudy, Trellights, Amble, Nanstallon and Rumford. Padstow, although sewered, discharges crude sewage into the Camel Estuary. The present view on the solution to this problem appears to be through a combined works for Wadebridge and Padstow.

Collection and Disposal of Refuse. The Council's tip at Treworder continues to be used without complaint, although only partial control is possible. At the end of the year, following some criticism by Audit on the cost of Refuse Collection, the Council decided as an immediate economy to reduce drastically the service provided. The effects of this decision were only felt in the current year when many complaints were received. More deliberate consideration may have improved the efficiency of the service, and saved many of the problems which have arisen from a restricted service.

Rodent Control. One full-time rodent operator is employed by the Council, to inspect and treat infestations within the Area. The greater proportion of infestations occur in business and agricultural premises.

Summary of Rodent Operator's Visits

	<u>Non Agricultural</u>	<u>Agricultural</u>
1. Number of Properties in District	7,684	931
2. a) Total number of properties inspected following notifications	258	129
b) Number infested (i) Rats	214	117
(ii) Mice	44	12
3. a) Total number of properties inspected otherwise than notification	834	299
b) Number infested (i) Rats	35	224
(ii) Mice	4	-

Sewers and refuse tips and other local authority properties are inspected and treated as a matter of routine.

Civic Amenities Act, 1967

Abandoned Cars and other refuse. Fourteen abandoned cars were removed to the refuse dump or to car-breaking yards. The Council's employees and vehicle were used when the owners of the cars could not be traced. The public are being advised that this type and other forms of bulk refuse may be deposited at the Council's refuse dump at Treworder without charge.

Caravan Sites and Control of Development Act, 1960

The number of Caravans and tents arriving in the District during the holiday period grows visibly each year. The number at registered sites does not show a proportionate increase. It is true that for caravans a period exceeding 28 days is required before registration of a site is required, and for tents 6 weeks. There are many sites which exceed this period each summer. All authorised sites are filled and it would appear that more licenced sites are urgently needed. The Planning Authority seems to be reluctant to grant permission for this type of development in spite of the obvious need, whilst campers and caravanners continue to use sites with inadequate facilities. There are anomalies too, created by the exemption of certain organisations from the requirements of the Act. We require special provisions for Site A, whilst in the next field, Site B - occupied by an exempted organisation has only primitive facilities for sewage disposal, a meagre water supply and few refuse bins. Situations like this are not good for public relations!

(a) Number of Site Licences 1968

	<u>Residential</u>	<u>Holiday</u>
(a) Individual	82	12
(b) Multiple (More than three)	3	27
Total number of Caravans	<u>129</u>	<u>1809</u>

Eleven breaches of Site Licence conditions were remedied informally during the year.

(b) Tented Camping Sites

Number of licenced sites as at 31.12.68.	2
Number of tent pitches	60
Number of unlicenced sites in regular use	12
Approximate number of tent pitches	160

V FOOD AND DRUGS

Food and Drugs Act, 1955

Milk Supplies. Retail milk supplies in the district must be Tuberculin Tested, Pasteurised or Sterilised. The Rural District is responsible for the registration of retail distributors, of whom there are 63. Milk production is the province of the Ministry of Agriculture, Fisheries and Food. Milk dealers and Pasteurisation are the responsibility of the County Council. The County Health Department has extended its enquiries into the presence of brucellosis in those herds producing Tuberculin Tested raw milk. The herd is first subjected to a bulk milk test. If negative, sampling continues at regular intervals. Positive herds are subjected to samples from individual cows, and if isolated the findings are reported to the Medical Officer of Health. Steps can then be taken to ensure that raw milk from infected animals is not distributed to the public. During 1968, 51 bulk samples were submitted, producing four positive results. Of these two were confirmed by culture and the infected cows removed from the herd. As a result of routine supervision for Brucellosis the Ministry of Agriculture, Fisheries and Food are able to establish brucellosis free herds which become registered as such. This voluntary but slower effort is preferred to the more expensive method of eradication by slaughter.

Although milk has been subjected to regular sampling for many years, it is only recently that some interest has been directed to cream. There is no recognised standard for the bacterial quality of cream, but it is assumed that the standard applicable to milk should be suitable. However there are great variations in the types, methods of production, packaging, handling and distribution of cream, which make a single test of little value. Since cream sampling began in 1967, 53 samples have been submitted.

No samples contained brucella organisms, but 21 would not have passed the quality standards for milk. It would appear that there is room for improvement in the bacteriological quality of retailed cream.

Food Hygiene Regulations, 1960

Number of Food Premises in the Area

Greengrocers	94
Butchers	16
Cafes and Restaurants	45
Hotels	68
Total	223

Number of premises fitted to comply with Reg. 16 (Provision of wash-hand basin)	222
Number of premises to which Reg. 19 applies (facilities for washing food and equipment)	213
Number complying	212
Number of Inspections made, 1968	259
Number of premises registered to prepare and sell sausages and cooked meats	18

All food premises were inspected routinely and conditions were found to be generally satisfactory. Sixteen contraventions of regulations were remedied informally.

Ice-cream

Number of premises registered for the sale of Ice-cream	101
Number of samples submitted to Public Health Laboratory	65

Results of sampling

Grades	1	2	3	4
	26	18	11	10

Grades 3 and 4 indicate moderate bacterial contamination, which usually occurs in bulk ice-cream issued from ineffectively sterilised servers, or poor storage conditions. Retailers of samples in grades 3 and 4 were encouraged to improve their methods of storage or serving.

Samples of solutions in which servers are placed when not in use were also submitted for bacterial content. Some showed high bacterial counts. Detergent sterilisers have been advised, and a follow-up of the effects or otherwise will be resumed in 1969.

Food Hygiene (Markets, Stalls and Delivery Vehicles) Regulations, 1966

Inspection of vehicles has been carried out sporadically during the year. No serious breaches of the rules have been recorded.

Slaughterhouses and Meat Inspection

Regular slaughtering occurs in four licensed slaughterhouses, where most of the animals are killed. Inspection of carcasses is made almost always during normal working hours. It has not been necessary to make orders specifying days and times of slaughter. All carcasses and offal are inspected before removal from the premises. Eight contraventions of Slaughterhouse regulations were remedied informally.

Carcases Inspected and Condemned

<u>CATTLE</u>					
	Cattle (excl. cows)	Cows	Calves	Sheep and Lambs	Pigs
Number Killed	1781	509	95	4939	10146
Number Inspected	1781	509	95	4939	10146
All diseases except cysticercosis and tuberculosis					
(a) Whole carcase condemned	5	17	13	98	30
(b) Carcase of which some part or organ was condemned	132	111	4	165	750
Tuberculosis only					
(a) Whole carcase condemned	-	-	-	-	-
(b) Carcase of which some part or organ was condemned	-	-	-	-	179
Cysticercosis only					
(a) Whole carcase condemned	-	-	-	-	-
(b) Carcase of which some part or organ was condemned	7	-	-	-	-
Gross weight of meat condemned	4086 lbs.	7728 lbs.	4241 lbs.	6351 lbs.	5076 lbs.

There are no poultry processing plants in the District.

VII HOUSING

Housing Act, 1937 - 64

Sixteen houses were closed, being considered unfit for human occupation. Nine families had to be rehoused from such property. Three houses of this type were renovated and made fit for occupation. Standard grants were issued for 32 dwellings at a cost of £6,648 and 5 houses were awarded discretionary grants to the value of £1,672.

Council Housing. The Council owned in 1968, 978 permanent houses, and 28 prefabricated bungalows. A proportion of the pre-war houses are still lacking in standard amenities, but a start has been made on their upgrading. It is hoped that the work will be completed within the next five years.

There are no Common Lodging Houses in the District.

VIII FACTORIES

There are 60 registered factories in the Area. Inspections were made in 10 of these. One new factory was brought into use on the new Industrial Estate.

Offices, Shops and Railway Premises Act, 1963

Total number of premises registered	221
Premises receiving first inspection	62
Total inspection made	83

Of the 62 premises receiving first visits the following defects were observed:-

(a)	Cleanliness	2
(b)	Inadequate heating	19
(c)	Inadequate ventilation	2
(d)	Inadequate sanitary accommodation	2
(e)	Inadequate washing facilities	20
(f)	Inadequate seats and clothing accommodation	2
(g)	Defective floors and stairs	2
(h)	Lack of first aid facilities	10
(i)	Inadequate lighting	2

No accidents were reported.

There remain only 4 properties registered which have not yet received a full inspection.

Summary of Visits

Meat Inspection	1647
Improvement Grants	335
Caravan and Camping Sites	152
Shops, Cafes and Hotels	77
House Inspections and Slum Clearance	162
Water supplies and Samples	224
Ice, Cream, Cream and other Foods	148
Factories	10
Drainage General	260
Drainage Nuisance	189
Nuisance	74
Condemned Foods	24
Food Hygiene	44
Abandoned Cars	45
General	64

Co-operation with shopkeepers, occupiers of business premises and the public generally, has been good. Most defects have been remedied informally.

IX PREVALENCE AND CONTROL OF INFECTIOUS DISEASES

Notification of Infectious Diseases, 1968

Measles	20
Pulmonary Tuberculosis	3
Scarlet Fever	3
Total	<u>26</u>

There were no extensive outbreaks of infectious diseases reported. No cases of food poisoning were notified.

Protective inoculations continued to be accepted at a high percentage with the exception of smallpox vaccine, for which there appears to be little demand.

In conclusion: May I express my thanks to the members of the Council, the Staff, and especially to Mr. Crowle and Mr. Trebilcock, with whom it is always a pleasure to work.

I beg to remain,

Your obedient Servant,

JOHN REED.

APPENDIX I

WATER SAMPLES - CHEMICAL ANALYSES

	<u>De Lank River</u> <u>Untreated</u>	<u>De Lank River</u> <u>Treated</u>
Appearance	Faint opalescence with a very slight deposit	Clear and Bright
Colour (Hazen)	18	Nil
pH.	6.5	7.4
Electric Conductivity Reciprocal Megohms per cm.	50	85
Chlorine present as Chloride	12	13
Hardness. Total	11	20
Carbonate	6.	10
Non-Carbonate	5	10
Nitrate Nitrogen	0.0	0.2
Nitrite Nitrogen	Absent	Absent
Ammoniacal Nitrogen	0.01	0.00
Albuminoid Nitrogen	0.05	0.00
Oxygen Absorbed	1.8	0.50
Residual Chlorine	...	0.12
Metals	Zinc, Copper, Lead, .. Manganese: Absent	Iron, Zinc, Copper, Lead, absent.
Arsenic (As)	Not detected (1: 2: 5 (less than 0.005)	Not detected (less than 0.005)
Turbidity (A.P.H.A. units)	less than 3	Nil
Odour	Faint earthy	Slight chlorinous
Free Carbon Dioxide	4	2
Dissolved Solids dried at 180C	35	55
Alkalinity as Calcium Carbonate	6	10

APPENDIX II

Distribution of Piped Water Supplies by Parishes

Parish	Estimated Population	Total Houses	Connected	Not Connected
St. Mabyn	520	183	128	55
St. Tudy	448	171	103	68
Egloskayle	338	123	52	76
Lanivet	1096	405	290	115
St. Breock	654	241	162	79
St. Issey	614	253	174	79
St. Erven	382	121	83	38
St. Eval	680	433	385	48
Lanhydrock	160	50	---	50
Cardinham	406	171	68	103
Withiel	278	97	91	6
Madebridge	3789	1284	1284	---
St. Minver Lowlands	1239	572	531	41
St. Minver Highlands	700	417	406	11
St. Endellion	1136	547	517	30
St. Kew	744	318	253	65
Blisland	461	197	104	93
Helland	194	73	34	39
St. Merryn	1158	545	496	49
Padstow	2603	1092	1075	17
Totals	17600	7298	6236	1062

